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CALGARY • TUESDAY, MARCH 24, 2009

metronews

Celebrity Buzz



Jessica's dad turns on Tony Romo

pg 14

Tsuu T'ina reach road agreement?

REPORT Though it still needs approval from Tsuu T'ina band members and the federal government, reports indicate a tentative deal has been reached for the southwest ring road. Tsuu T'ina spokesperson Morten Paulsen said more details about a potential announcement would come today. **METRO CALGARY**

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

- Canada

The recession isn't doom and gloom for everyone: Part two of our series on businesses successfully coping with the downturn, pg 3

- Tomorrow

Food – More tasty, local meals for a steal.

Earth Hour

Earth Hour is Saturday, March 28, at 8:30 p.m. Do your part to fight global warming by switching off your lights for an hour. Pick up Metro every day for environmentally friendly coverage all week.

- Health & Beauty

Certified organic: How to be sure a beauty product is living up to its claims, pg 11

- Tomorrow

Canada has a significant role in developing electric cars.

Tearing down Colonel Belcher Hospital



Tina Turner and Matt Vandale set up protective fencing around the landmark Colonel Belcher Hospital in the Beltline as the crew pushed forward to tear it down while the weather is good. Significant historical elements of the site were incorporated into the new Sheldon M. Chumir Health Centre located next door.

Misconduct complaints laid on cops

SHAWN LOGAN
for Metro Calgary

PROTEST Charges of police misconduct have been filed by three people involved in a violent weekend clash between neo-nazis and protesters.

Calgary cops yesterday said they did the best they could to defuse a Saturday white pride rally that stoked fierce confrontations between the Aryan Guard and anti-racist demonstrators in the downtown core. Police

spokesman Kevin Brookwell responded to

Video

- Police are also reviewing videotape of the show-down to determine if any of those who threw projectiles can be identified and face charges.

Some-times affecting arrests can incite a crowd more than it should, he said, a day after Calgary activist Grant Neufeld told Metro he would be asking city council for a full review into police conduct at the event.

"I think there's a balance we need to weigh between their right to say what they want and the public peace."

Only three arrests were made at the rally. As of yesterday three complaints had been filed with the Calgary Police Services professional standards section and Brookwell said any others who feel they were mistreated should do so.

City fighting MMA

SHAWN LOGAN
for Metro Calgary

Organizers of a weekend mixed martial arts card are gearing up for a scrap with the city's Combative Sports Commission.

A group called Hard Knocks Fighting Championship is holding what it says is an amateur fight card Saturday at Frank Sissons' Silver Dollar Casino without acquiring a licence that the city says is required.

Ari Taub, one of the founders of the fighting school, said he's not sure why the city is putting up

its dukes but he's not willing to throw in the towel.

"I don't know where the commission's coming from so we're just running the fight," he said.

"The bylaw is pretty clear that amateur fights don't need to get a licence and none of our fighters are getting paid."

Taub said the fight will follow amateur rules banning the use of knee and elbow blows to the head as well as requiring fighters to use oversized boxing gloves. Hoping to stave off city efforts to shut down the event, organizers have filed a motion before Calgary Court of Queen's

Bench that will ask a judge to back their request to be considered amateurs.

The two sides will appear before a judge on Thursday.

A city spokeswoman declined to comment on the matter because it was before the courts, but said the event is not licensed.

The Calgary Combative Sports Commission licenses professional combative sports "in order to ensure such events only proceed after the commission is satisfied that adequate safety precautionary measures are put into place," read a statement by Mark Halat of the city's licensing

department.

The city requires licences for any professional fight but Taub said in order for that to happen, his fighters would have to each get professional licences, which would revoke their amateur status.

Amateur kickboxing matches are held in Calgary without requiring licences but they follow standards outlined by their own recognized provincial and national governing bodies. Taub said the event will go ahead even with the threat of sanctions or fines from the city and he plans to fight any charges in court.

TAX TIP #53

You might be eligible for a tax credit for your transit pass

You may be eligible to claim a special tax credit for transit passes purchased in 2008.

This tax tip brought to you by Alberta's Chartered Accountants. To see all 56 useful tax tips please visit:

www.albertaCAs.ca



CA Chartered Accountants of Alberta

The Institute of Chartered Accountants of Alberta provides tax tips on an annual basis as a public service. The tips are intended to be used as general guidance. For specific advice about filing your 2008 tax return, please consult with the Canada Revenue Agency or your personal tax professional.

The District 1 police office moved yesterday from the Andrew Davison building downtown to a new facility in the community of Ramsay. Public inquiries, including crime and collision reporting, may now be directed to the Ramsay building at 1010 – 26 Ave SE. **METRO CALGARY**

Local

\$1.25M given for U of C telescope

SCIENCE The University of Calgary took one step closer yesterday to building the world's largest telescope when it received \$1.25 million for the endeavour from the Natural Sciences and Engineering Research Council of Canada.

The telescope will be used to study naturally occurring radio emissions from the edge of the universe in a distant time before stars and galaxies were formed. **METRO CALGARY**

News in brief

FOOD Mall shoppers in the city's south can now get their food fill in new digs. Southcentre unveiled its new 920-seat food court yesterday as a part of the building's \$102-million expansion. To help celebrate the opening, a weeklong commitment to help the Calgary Food Bank stock the shelves will be launched.

METRO CALGARY

metronews.ca

What's online today.

Video Experts say domes safe for Calgary's climate at metronews.ca/local

Video Canadians react to a Fox News host's mocking remarks about Canada's military at metronews.ca/canada

Video Suncor-Petro-Canada merger has job losses looming at metronews.ca/local



Religious groups strike back

JENNIFER HILLIKER
for Metro Calgary

God's cheerleaders scored yesterday when eight Calgary buses and two LRTs rolled out with new ads in response to an atheist campaign launched two weeks ago.

The \$12,000 pro-God ads were paid for by seven Calgary religious organizations. They say, "God cares for everyone... even those who say He doesn't exist!" "We are reacting to false propaganda that has been going on in Calgary over the past few weeks," said local Islamic leader Syed Soharwardy.

"Some say that we should have spent the money on the Mustard Seed, and I agree. But we have to counter the ads — I wish we didn't have to take this path, but we do."

The Freethought Association of Canada's atheist ads, which encourage Calgarians to stop worrying about God and enjoy their life, have also hit Toronto



Imam Syed Soharwardy launched a pro-God bus-ad campaign on Calgary Transit yesterday in response to pro-atheism ads currently running on select city buses.

and Montreal and are planned for Ottawa. Halifax transit officials rejected the ads, saying they are too controversial. Soharwardy wants other cities to launch similar counter-campaigns.

Justin Trotter, president

of the Freethought Association, said he doesn't mind the pro-God ads — but he thinks Soharwardy has missed the point.

"This is a dialogue we are trying to engage in with Canadians," Trotter said.

"Our campaign was never meant to be a tit-for-tat campaign — I'm not sure that's good for anybody. It seems to be a way to reclaim the territory he (Soharwardy) thinks he's lost by a small, modest little atheist campaign."

Local businesses put foot down on ring road

SHAWN LOGAN
for Metro Calgary

Business owners parked along the planned corridor for Calgary's southeast ring road are calling on the province to go back to the drawing board.

The 84 Street SE Access Association will huddle with members at a meet-

ing today in hopes of rallying support to force provincial transportation planners to ensure two key interchanges are retained in the ring road plan.

Dave Gilkes, the group's president, said merchants are miffed the province has scuttled plans for interchanges at 61 Avenue and 106 Avenue, a move that will cost area businesses

millions due to extra travel costs.

"The ring road is an excellent piece of infrastructure for southern Alberta, but without these key interchanges it's going to highly affect the Alberta economy," he said. "This area got the shaft."

Earlier this month the province announced plans for the 25-kilometre, six-

lane stretch of roadway running from 17 Avenue SE to Highway 22X with an aim to complete the project by 2013.

Gilkes added his group is scheduled to meet with Transportation Minister Luke Ouellette on April 8, and he hopes to make an 11th-hour appeal to keep the two interchanges that have been scrapped.

Swann slams city's hospital wait times

HEALTH Alberta Liberal Leader Dr. David Swann went on the offensive yesterday, criticizing the recently reported hospital wait times in Calgary and the health priorities of the provincial government.

"Emergency rooms are still as crowded as ever, (and) instead of increasing the size of the health workforce and creating new beds, they're tinkering with administrative issues and spending a pretty penny to do it," Swann said.

His comments come on the heels of reports that ER wait times in Calgary have jumped by up to 30 per cent.

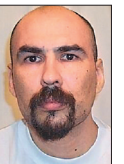
METRO CALGARY

Police seek man serving time for theft, weapons

WANTED Calgary police are looking for a man who is serving his second federal sentence for robbery, use of a firearm and possession of a dangerous weapon.

Donovan Miller allegedly failed to return to his community residential facility while out on statutory release. He is believed to be in the Calgary area. He is Aboriginal, six-foot-three and 173 pounds.

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The feathers will fly at city pillow fight

JENNIFER HILLIKER
for Metro Calgary

Feathers will fly this April when Calgarians get together for a pillow pummeling party.

Calgary will be joining 50 cities around the world to celebrate International Pillow Fight Day for the first time.

"We're hoping to partially replace passive experiences like watching television," said Candice Vallantin, the event's organizer.

"We hope these unique

happenings in public space become an important part of popular culture. The result is a world where

people are constantly organizing and attending these events in communities of all sizes and cultures.

"But mostly, it's just about meeting fellow citizens and having fun."

Montreal, Vancouver and Quebec City are also taking part in the festivities.

Calgary's friendly fight will take place at 2 p.m. on April 4 at Tomkins Park at 17th Avenue and 8th Street SW.



Be a Hometown Hero

The Hometown Heroes Award Program, organized by Earth Day Canada, recognizes individuals and groups across Canada who make significant environmental achievements in their communities. To read more, visit the website at earthday.ca/hometown. **METRO NEWS SERVICES**

3

Canada/World

Find your niche, experts advise

Riding the Recession

The recession hit just as 51-year-old Calgarian Dale McKenzie retired from a 30-year career in policing.

He didn't panic about his investments — he has niche skills that are helping him survive during the recession. He works as a clown named Bumper and he is starting an investigative business that delves mostly into mortgage fraud. "There's no lack for that kind of stuff," he said. "As long as there is mistrust and as long as there are law-breakers, there will be room for private investigation."

McKenzie has also been a clown for eight years, and while he said business isn't booming, it isn't failing either. He thinks there will always be a demand for people who can put a smile on your face.

Karen Fraser, of Angus One Professional Recruitment in Vancouver, said it's crucial for people to have a specialized skill set or that they can break into a niche market like McKenzie.

"Across the board, there's still a wide range of companies hiring," she said. "People are hiring in online marketing and Internet shopping, which has seen growth ... specialized positions are still consistent."

The Alberta government's predictions fall in line with Fraser's experi-

ence in B.C. — projections for the next decade say there will be more than enough jobs for architects, dietitians, nutritionists, physical therapists, archivists, and school counsellors.

But even if you don't have a specialized set of skills, Canadian staffing companies are hopeful the summer seasonal work reverses jobs lost to the economic downturn.

"From what we see, landscaping work and construction should be picking up here shortly," said Clint Belcourt with Tips Staffing in Calgary. "Seasonal employment will kick off, which will help some people out and stimulate a little excitement."

JENNIFER HILLIKER/
FOR METRO CANADA

UN envoy's driver released in Mali

KIDNAPPING The driver of two Canadian officials kidnapped in Niger in December has been released in Mali, UN officials said yesterday. Soumana Mounkaila was driving a UN vehicle in which UN special envoy to Niger Robert Fowler and his aide Louis Guay, both former Canadian diplomats, were travelling when all three were seized.

REUTERS

Soldiers' bodies come home

WAR Mourners at an Ontario military base bowed their heads and wiped away tears yesterday during a moving repatriation ceremony for four Canadian soldiers killed in Afghanistan last week, CBC News Online reported.

The huge C-17 Globemaster military plane carrying the remains touched down around 2:30 p.m. EDT at Canadian Forces Base Trenton, east of Toronto.

Master Cpl. Scott Vernelli, Cpl. Tyler Crooks, Trooper Jack Bouthillier and Trooper Corey Joseph Hayes, who were all based at CFB Petawawa in Ontario, were killed in two separate incidents Friday in southern Afghanistan.

Dozens of family members, clutching flowers and each other, took turns placing roses on the coffins covered in Canadian flags.

METRO NEWS SERVICES

Israel Dispersing protest



Israeli border police officers detain a Palestinian woman in east Jerusalem yesterday, during an event marking Jerusalem's tenure as the Arab League's "capital of Arab culture" for 2009. According to an Israeli police spokesperson, several activists were detained as the police dispersed an illegal gathering.

Montana flight too crowded?

The plane that crashed in Montana and killed all seven children and seven adults aboard had more passengers than seats, an official said yesterday.

National Transportation Safety Board acting chair Mark Rosenker said his team is investigating whether the 10-seat plane was carrying too much weight and why it nose-dived short of the runway in Butte, Mont. The single-engine plane had no "black box" data recorder and the investigation could take months.

All the children were under age 10. Only one, a one-year-old, by regulation could have been seated on an adult's lap. That left 13 people and 10 seats.

Rosenker stopped short of saying the plane was overcrowded. Officials changed the number of passengers and seats aboard the plane as the investigation progressed.

Rosenker said three families were in the Pilatus PC-12 turboprop plane heading from California to a ski vacation near Bozeman, Mont.

REUTERS

Mumbai terror trial begins

ATTACKS The man accused of being the lone surviving gunman in last year's Mumbai attacks told an Indian court yesterday that he was from Pakistan and wanted legal assistance.

The trial of Mohammed Ajmal Kasab began yesterday via a video link with his prison in Mumbai.

Gunmen killed 166 people in a three-day rampage in the city last November.

Police say Kasab was one of 10 gunmen who arrived in Mumbai by sea and rampaged through local landmarks. Pictures of Kasab carrying an automatic rifle and backpack were published around the world.

REUTERS

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Comment & Views

Comment

So much for freedom of speech

NationalReport

Lawrence Martin

metronews.ca/nationalreport

W hew! Let's breathe a sigh of relief now that British MP George Galloway has been barred from entering our country. Our children are safe. No telling what dam-

age could have been rendered by this heinous threat to our national security.

If reports are correct, Canada is the only country in the world that bars the sitting MP, who has been elected five times to the British parliament and has no criminal record. The Americans let him in. Even Israel, despite his pro-Hamas views, let him in.

So what is the Harper government trying to do here? Ramp up its right-wing credentials to the point where Canada is seen as a denier of freedom of speech?

Some of Galloway's views are wacko. We can disagree readily with his take on Israel, with his support for Hamas, but does that mean you gag him? Others, Canadians and Americans, have supplied aid to Hamas and controlled Gaza. Will that get them the same kind of treatment? As someone said of Galloway, the best way to expose the folly of his arguments is to allow him to come here and spout them.

The Galloway ban follows one taken against an American citizen. William Ayers, the old friend of Barack

Obama who was a figure of controversy in the U.S. presidential election, was an advocate of radical violence four decades ago. He has since become a distinguished professor of education, who serves on dissertation committees at the University of Ottawa and Toronto. He has been allowed into Canada many times. He arrived to give a speech at the U of T in January, only to be told by immigration officials that he had a 40-year-old felony conviction, which he denies. When Ayers asked them if they really thought

he was a security threat, he said they laughed, before saying it wasn't their decision.

The bans are in keeping with other hardline measures by the Harperites recently. The government, which takes a leisurely attitude toward Guantanamo, is going ahead with the deportation of conscientious objectors to the war in Iraq — even though the prime minister disavowed his support for that war in last fall's election campaign.

The government last week announced it was not

renewing \$2.5 million in contracts for the Canadian Arab Federation to teach English to new immigrants.

On Iran, it has escalated the rhetoric against the government there — this while Obama moves to moral high ground with a diplomatic overture to Tehran to narrow the differences.

All quite strange. Rather than calm tensions, Ottawa's intent seems to be to inflame them.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

The happy Muslims who confuse you



Mona Eltahawy
Global View

There's something wrong with the pictures coming out of Pakistan these days.

Ever since Pakistani President Asif Ali Zardari reinstated the country's chief justice, I've been trying to figure out what it was.

And then it hit me. Happiness. Joy. Celebration.

How often do we see pictures of happy Muslim men? I've developed a theory about the Muslims we see in the media, who are usually from Pakistan.

Angry Bearded Muslim Man is the favourite. Whenever the Muslim world is

supposed to be upset or offended, invariably that story is illustrated by images of Angry Bearded Muslim Man: Marching (usually in Pakistan), shouting (fists raised in righteous anger), and burning something (an American flag, an Israeli flag, preferably both!)

His female counterpart is Covered In Black Muslim Woman. She's seen, never heard. Visible only in her invisibility under that black chador, burqa, face veil, etc.

In those images you have conveyed all you want to say about Muslims: The men are angry and dangerous; the women are covered in black.

While there are some Muslims who fit both de-

scriptions they are not the majority, and they are utterly insufficient in describing the diversity of views, appearances and attitudes among Muslims. And they are my biggest competitors and nemesis' when I give lectures or appear on television.

My first U.S. TV appearance was on Fox News' The O'Reilly Factor. After the usual back-and-forth yelling, some viewers sent me emails, asking, "Are you sure you're a Muslim? Where's the headgear?"

Others wanted to know why I spoke English so well. Clearly, I did not deliver on the Covered In Black Muslim Woman that central casting usually offers to viewers. I was confusing

them.

Which brings me back to the happy Pakistanis in our newspapers these days.

While I'm the last person to deny the danger of radicals in the Muslim world, I also enthusiastically wave the flag for those of us who call ourselves liberal, secular Muslims.

In other words, I live to confuse you by subverting the stereotype of Muslims that you always see and hear from. Go on — take a look at my picture.

Here's to more pictures of Happy Muslim Men and Women Who Confuse You.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



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Bonus regulation law in store for France

France will introduce a law to limit executive bonuses in the form of stock options or shares because businesses have failed to accept a voluntary accord, a government spokesman said. **REUTERS**

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Suncor chief executive Rick George, left, and Petro-Canada chief executive Ron Brenneman at a conference in Calgary yesterday.

Suncor buys Petro-Can

Largest Canadian oil and gas takeover yet at \$18.4B

Suncor Energy Inc. said yesterday it will buy rival Petro-Canada to create Canada's biggest oil company, dominant in the Alberta oilsands and able to slash costs as it looks to weather a period of low oil prices.

Suncor is offering \$18.43 billion for Petro-Canada in an all-share deal. That makes it the largest Canadian oil and gas takeover yet, and the biggest takeover of a Canadian company since Rio Tinto bought Alcan in 2007 for \$43 billion US.

The deal targets \$1.3 billion in annual savings for the combined company as oil prices plummet, which have made it hard to turn a profit from oilsands operations in northern Alberta.

The merger of the two will create a company with

Market reaction

- Petro-Canada's shares jumped \$6.05, or 20 per cent, to \$35.70 in Toronto, while Suncor slid 16 cents to \$30.74.
- The S&P/TSX composite index rose 452.16 points, or 5.32 per cent, to 8,598.51.

100 years worth of reserves, four refineries in Canada and the United States, a chain of retail gas stations and more than 680,000 barrels per day of oil and gas production.

Petro-Canada shareholders will receive 1.28 common shares of the merged company for each Petro-Canada share, while Suncor shareholders will get one common share of the merged company for each Suncor share.

REUTERS

Consumer confidence rises

MARCH Consumer confidence picked up in March as more Canadians said now was a good time to make a major purchase, while the majority saw their financial situations unchanged over the coming six months, the Conference Board of Canada said yesterday.

The board's Index of Consumer Confidence rose to 71.5 in March, up 2.7 points from February and above the 67.7 hit in December,

the lowest mark since the 1981-82 recession.

"Considerable concern" remained over financial pressures, the board reported, but sentiment improved on the question of future employment opportunities.

The survey was done ahead of the most recent employment report, which showed that Canada had lost 82,600 jobs in February.

REUTERS

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EMI Music said yesterday its president of digital music, Douglas Merrill, the ex-Google Inc. executive who joined less than a year ago, is leaving the company as his unit is being integrated into its main operations. **REUTERS**

In brief

MUSIC When Live Nation Inc. and Ticketmaster Entertainment Inc. announced they would merge last month, it seemed unlikely that antitrust enforcers would approve the deal. But some competition experts, several of whom are former government officials, now say the merger actually has a fair shot. **REUTERS**

Leading indicator falls 1.1%

Nine of 10 index components sink, led by housing market

Canada's composite leading indicator fell by a steeper-than-expected 1.1 per cent in February, reflecting a sharp downturn in the housing market and the auto

industry as well as in stock prices, Statistics Canada said yesterday.

Nine out of the 10 components of the index fell. The housing index plummeted the most at eight per cent,

while the stock-price index sank 7.5 per cent.

New orders, sales and inventories in manufacturing all weakened and a decline in household spending reflected the collapse in car

sales, StatsCan said.

The single indicator that increased was the money supply, gaining 1.8 per cent due to the Bank of Canada's accommodative monetary policy. **REUTERS**

Abitibi extends its exchange deadline again

DEBT AbitibiBowater Inc. gave its debtholders more time yesterday to accept the first part of a refinancing plan that North America's largest newsprint maker says it needs to keep itself afloat.

The creditors now have until the end of tomorrow to agree to exchange the \$1.8 billion US in debt they hold for AbitibiBowater's Bowater unit, as the company belatedly pushed back a deadline that had expired last week.

Some creditors are balking at the plan, according

to Canadian media reports, which could force the company or its Bowater and Abitibi units to file for court protection.

A comparison of the company's status report yesterday with those made when it announced the earlier extensions indicates the percentage of notes tendered has slowly increased, but it still remains below two-thirds for most of the debt series.

This is the third time the deadline has been pushed back. **REUTERS**

Time Warner buys stake in CME

MEDIA Time Warner Inc. will invest \$241.5 million US in Central European Media Enterprises, the companies said yesterday.

The investment will give Time Warner a 31 per cent stake in CME, a broadcaster in seven European countries, including Bulgaria, Croatia and the Czech Republic. **REUTERS**

MGM partner in project files suit

LAS VEGAS MGM Mirage's joint venture partner in a big Las Vegas construction project said yesterday it is suing the U.S. casino company over the development and expressed concern about MGM's ability to survive.

Dubai World said its Infinity World unit has asked Delaware Chancery Court for measures that would relieve it of its obligations under the joint-venture agreement. **REUTERS**



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business 7

Your Money

EDITOR: NINA.DRAGICEVIC@METRONews.CA

Try these tips on tips

SmartCookies



metronews.ca/smartcookies

once had a server who didn't actually serve me much of anything. I ended up getting my own syrup for my cold pancakes and a glass of juice from the bar. I still left him 15-per-cent gratuity.

It's the former service worker in me that feels like I have to do this to supplement his income. But tipping should be more about the service and in some cases, the relationship you have with the person providing it. Yet there is always confusion. Who, when and how much are all questions that elicit different answers.

Take your barista, for example: Does she automatically get your spare change

"If you happen to be unhappy with the service, never leave zero for a tip without speaking to a manager about the situation."

in her cup? What about the guy who hands you your bag of take-out? Etiquette experts say it's not necessary but recommend that if it is someone you see often, it's a good idea to show appreciation. If, like most people, you have trouble quickly calculating the appropriate amount to tip, visit smartcookies.com for a quick and easy guide.

The norm for restaurant service is 15-20 per cent. If you're in a large group, be sure to check if gratuity is already included, as it often is for large parties. And even if you used a gift card or a two-for-one coupon, you should still tip on the amount you would have paid without the voucher.

For most other restaurant staff, such as a bar

server or checkroom, \$1 to \$2 is an acceptable tip.

If there are services you are unsure about how much to tip, call ahead and ask what the norm is. In situations where there can be multiple people looking after you, such as a beauty salon or spa, the easiest thing to do is tip about 15-20 per cent on the entire bill and ask that the tip be split between those who attended to you.

When travelling, it's best to keep a bunch of small bills on hand, so that you're prepared and don't feel awkward asking for change or giving more than you wanted to. Be sure to check into the cultural norms wherever you are visiting. As a point of interest, tipping is considered rude and

is rarely done in Japan, except in certain cases.

If you happen to be unhappy with the service, never leave zero for a tip without speaking to a manager about the situation. Sometimes it may not have been the person's fault.

Not leaving anything just makes you look cheap and won't solve the problem. You may also receive some kind of compensation for letting them know about the problem so they can fix it.

Email questions to smartcookies@metronews.ca

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

WILL RETURN ...

Is renting out the condo wise?

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q Currently, my wife and I own a condo that we bought five years ago. We would like to move into a house and rent the condo. Is this a good idea and are there any tax consequences?

—Eric

A The Canadian real estate markets have experienced phenomenal growth the past years but are currently declining in both price and sales. First-time buyers should not try to predict the market but buy when they can comfortably afford to do so.

As the condo would be

your principal residence at the time you purchase your house, there will be no taxes to give to CRA. However, the condo's fair market value would be considered the cost of the condo for calculating capital gains tax on disposition.

Consider some of these issues before investing:

- Are you prepared to be a landlord?
- Can you carry condo expenses for several months if property is vacant or has a bad tenant?
- When and how do you report rental income?
- What are the tax consequences of real estate?
- Is there a difference between commercial or residential property?
- How long do you intend to hold investment?

Consult a good real estate lawyer and tax adviser.

Henry Choo Chong, CGA, can be reached at choochonghga@yahoo.ca.

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Tuesday, March 24, 2009

8

Schilling retires via blog

Curt Schilling officially retired from baseball yesterday, announcing on his blog that he's leaving the game after 23 years with "zero regrets." Schilling missed all of last season with a shoulder injury. **METRO NEWS SERVICES**

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Flames score big win

NHL RESULT

Flames 5 Red Wings 3



LAURENCE HEINEN
for Metro Calgary

THE SKINNY: Mike Cammalleri scored once and set up two other goals to get the Flames back on track, while Detroit's winning streak ended at four games.

THE QUOTE: "Something we were trying to do is get the puck on net a lot and try and cause some havoc in front of the net," said Cammalleri. "We got some bounces that went our way

so it was nice."

LUCKY BREAK NO. 1: Early in the second period, Jamie Lundmark fired a shot from a bad angle at the Detroit goal that banked off goalie Chris Osgood and into the net.

LUCKY BREAK NO. 2: A short time later, Miikka Kiprusoff stopped a breakaway attempt by Detroit forward Mikael Samuelsson, but the puck bounced off the post and off of the Calgary goalie's leg and sat precariously on the goal line before Calgary defenceman Cory Sarich cleared it out of harm's way.

LUCKY BREAK NO. 3: With the Flames enjoying a man advantage, Cammalleri tried to centre the puck out front but it found its way into the net after



Calgary Flames forward Olli Jokinen is chased by a group of Detroit Red Wings last night in Calgary. The Flames won 5-3.

banking in off of Osgood's leg once again. That ended Osgood's evening as he was replaced in net by Ty Conklin after stopping 11 of 14 shots he faced.

THE GAME WINNER: Curtis Glencross one-timed a pass from Craig Conroy past Conklin at 5:31 of the final frame. The goal stood up as the winner as

the Wings made it close with goals by Johan Franzen and Jiri Hudler before Conroy scored an empty netter to insure the victory.

THE NEXT GAME: The Flames now head to Pittsburgh to face Evgeni Malkin, Sidney Crosby and the Penguins tomorrow night (5:30 p.m., TSN, Fan 960).

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Hitmen one win away from sweep

WHL Joel Broda notched a goal and two assists to lead the Calgary Hitmen to a 4-1 win over the Edmonton Oil Kings in Western Hockey League playoff action last night at Rexall Place.

With the win the Hitmen now have a commanding 3-0 lead in their opening-round best-of-seven series against the Oil Kings, who finished 55 points behind Calgary in the regular-season standings.

Alex Plante, Brandon Kozun and Chase Schaber also scored for the Hitmen, while Bostjan Golobic chipped in with three assists.

Robin Soudek scored the lone goal of the game for the Oil Kings, who will attempt to stave off elimination tomorrow night (7 p.m.) when they host Game 4 of the series.

LAURENCE HEINEN/
FOR METRO CALGARY

Sports in brief

CYCLING Lance Armstrong said he will have surgery after breaking his collarbone yesterday during a race in Spain, leaving in question his participation in the Tour de France in July. **METRO NEWS SERVICES**

Wild lose captain

Minnesota Wild centre and team captain Mikko Koivu will miss at least a week with a knee injury. **METRO NEWS SERVICES**

sports 9

Level the playing field

Last December I read a newspaper article that took a shot at good-looking women in sports broadcasting. It maintained physical appearance took precedence over talent.

How depressing! I'd been an athlete all through school, ran track, figure skated, and even spent time in the penalty box after trading punches with a fellow hockey player. I'd covered sports for my university's TV, radio, and print media outlets, but darn, I was a woman — and blond at that. There went my credibility as a sports broadcaster. Talk about an unlevel playing field.

Take 60 Minutes commentator **Andy Rooney**, who last October, made this unsportsmanlike comment: "What really bugs me about television's coverage is those damn



Julie Stewart-Binks
Guest columnist

women they have down on the sidelines who don't know what the hell they're talking about."

Many sportscasters hold the same belief. The overly sexualized and hyper-masculine hotbed of sports culture has enforced the idea women don't understand sports.

Speaking of the field, are there any women on it? To watch television, listen to radio broadcasts or read the sports pages, you'd never know thousands of little girls in this country play hockey, soccer and baseball, and that adult females are involved in pro sports.

But scantily clad tennis, figure skating and volleyball athletes get the cover-

age. When I tell men my age my career goals they say I'll never fully understand sports because I'll never have the chance to play in the NHL or the NFL. They say men don't want to hear a women talk about a sport she can't play.

So how did **Rod Black** cover figure skating all those years?

What female sportscasters and female athletes have in common is that, to steal a line from **Rodney Dangerfield** — we get no respect.

I want sports networks to start showing women respect in the hockey arenas, football fields and baseball diamonds, cover our games and tournaments and to hire more women to cover sports.

It's time to level the playing field, boys.

Julie Stewart-Binks is currently a student at Queen's University with hopes of pursuing a career in sports broadcasting.

WBC Japan, South Korea battle for title



Hiroyuki Nakajima of Japan lays down a bunt in the first inning of the finals of the 2009 World Baseball Classic against Korea last night. For a complete recap, visit metronews.ca/sports.

Habs may be up for sale

NHL This was supposed to be the most celebrated year yet for hockey's oldest and most storied franchise, the 100th anniversary of the Montreal Canadiens.

Instead, its chances at a playoff spot are dimming, its coach has been fired, its players have been accused of befriending gangsters, and now, its owner is looking to sell.

Citing economic pressures, the Habs' American owner, George Gillett, has taken the first steps needed

to offload the team, which could see him make a handsome profit.

Billionaire Cirque du Soleil owner Guy Laliberté and Céline Dion and her husband, René Angélil, have been speculatively named as owners.

So has Research in Motion co-CEO Jim Balsillie, who has long coveted a hockey team and was quoted last fall as saying the Canadiens were for sale, which the team denied.

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SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Workshop aimed at women

SHELLEY WILLIAMSON
for Metro Calgary

Carol Patterson never pictured her life as an accountant.

She had dreamed of being a forest ranger — at least until someone told her she wasn't so outdoorsy and studying bugs might not be her forte.

So she instead followed a path of business and economics, and before long had landed a job in Calgary's thriving oil and gas sector.

The founder of eco-tourism consulting firm Kalahari Management and five-time author, Patterson now looks back and laughs as she prepares to teach a one-day seminar April 29 through the University of Calgary for women looking to make a personal or professional life change.

"I discovered there were a lot of people interested



TERRA IMAGES

An upcoming workshop at the University of Calgary is aimed at women looking to make a professional or personal life change.

in what I have done. It's not like I had a lot of money or won American Idol," said Patterson. "I am just like anyone else."

What Patterson did have was an epiphany she wanted more out of life.

After volunteering with the Calgary Zoo and using day-job earnings toward her pilot's licence, she began flying zoo animals across the province in her off-time.

It was around this time

she first ventured to Africa, discovering a new world and her desire to pursue a rather unconventional lifestyle.

"I started having more fun on my evenings and weekends than my day job," she notes of her move to leave oil and gas to start her own eco-tourism consulting company in 1991.

The Road Less Travelled: Finding Unconventional Work/Life Situations workshop will appeal to women

in their 30s, 40s and 50s, looking to "dust off their dreams," said Patterson.

"It's for some people with a little life experience. I think there's a whole generation of people who have been working hard and they're pooped."

While this workshop — which vows strategies for change, where to find support, ways to make money and love what you do, and assessing risks — is just for the ladies, Patterson says she often gets request from men looking for similar career advice.

But the 2008 Woman of Vision award recipient and frequent public speaker can relate to pressures women face. "I think the biggest thing is having the confidence, and I know I sometimes thought people would think I was crazy."

Patterson hopes the seminar will inspire participants, whatever their goals. "Hopefully they will come away with some ideas and a plan. Sometimes people wait and wait until the time is 'right' just getting more unhappy."

Lunch is included in the cost of the eight-hour BUS 164 course (\$325 after March 29).

Jewelry course a hit

JENNIFER HILLIKER
for Metro Calgary

At the age of 63, Calgarian Rita Cormier is the happiest she's been in her life.

It all started in the fall of 2004, when she took an extended studies beginner's jewelry course at the Alberta College of Art and Design (ACAD).

Since then, she has taken every jewelry and metals course offered in the extended studies program, then took a credit course and opened up her own jewelry business.

"A whole new lifestyle was opened to me," Cormier said. "I reconnected with the awe and wonder of my youth and became young again."

Bonnie Murdoch, director of extended studies at ACAD, said Cormier was always interested in making art.

"She stepped into her first jewelry class and went, 'Wow,'" Murdoch said.

Murdoch is a graduate of the jewelry and metals program herself. She said she can see why the course has high popularity among students.

"I loved that right from the beginning, you can wear your very first piece

and feel just fabulous about it," she said. "For many people, the very first thing they make is a silver ring. You would be surprised how proud you can be of a little silver ring."

Along with the ring, students make a pendant and a chain in the 12-week course.

"Students get grounded in jewelry making," Murdoch said. "They learn to lay out their design on the sheet so they don't waste silver or, God forbid, gold. Many chose to work in non-precious metals, which is a great way to learn because it costs virtually nothing for the metal. Or, if they want, they can jump right in there with silver."

Murdoch said that once students complete beginner's jewelry, that gives them the skillset to go on to any other jewelry class.

"It's rare for us to find someone who doesn't actually like doing this kind of work once they try it," she said. "For most people, it really sets them on a path to take lots of different courses to build their skills."

"To get really good hand-eye co-ordination for jewelry takes a little while. You must be very accurate for the piece to end up looking just perfect."

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11

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Certified organic?

How to be assured a beauty product is living up to its claims

DIANE PETERS
for Metro Canada



When you buy makeup, lotion or shampoo labelled "organic," how do you know that it's guaranteed not to contain synthetic chemicals and that its plant-based ingredients were grown without fertilizers or pesticides?

Check to see that it has a certification logo on the label. On a few Canadian products, you'll see the Ecocert or Certech stamps — two private labels from for-profit companies. On imported goods you might see Ecocert, or a stamp from the United States Department of Agriculture (USDA) or the U.K.'s Soil Association. A "BDIH" seal shows that the cosmetic was certified natural by the Association of German Industries and Trading Firms.

ECOCERT Since 2002, Ecocert Canada, a division of France-based Ecocert, has certified three Canadian companies: Cargo Cos-



To ensure cosmetic products are organic, check for a certification logo on the label.

metics, Cosmeceutical Research Lab and Druide. Any approved products must contain 95 per cent plant-based organic ingredients and the remaining five per cent must be from Ecocert's list of acceptable substances. Ecocert also recognizes natural products. For these, 50 per cent of the plant-based ingredients must be organic and five per cent of the overall product must be organic.

CERTECH Over a year

ago, Certech Registration, a Canadian company, created a standard for cosmetics that requires 95 per cent organic ingredients and excellent quality management systems at a compa-

On the web

Columnist:

• The J Spot columnist Josey Vogels discusses Barbie as a role model. Visit metronews.ca/thejspot.

EarthHour

ny's factories.

"We look at the entire process," says Brian Lane, president of Certech. "We want to know where the ingredients were grown and that the company has the correct controls in place."

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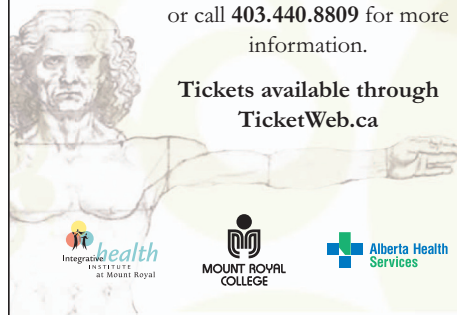


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Julianne Moore has been cast as Hillary Clinton in *Special Relationship*. She will star opposite Dennis Quaid — who will play ex-U.S. President Bill Clinton — in the movie which details his “relationship” with Monica Lewinsky. FEMALEFIRST.CO.UK

Moore joins *Special Relationship*

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

A superhero is born

NED EHRRAR
Metro World News

Reese Witherspoon faced a new challenge in portraying Susan, her character in *Monsters vs. Aliens* who transforms from a regular-size bride-to-be into a five-story-tall superhero: Talking like a convincing action hero.

“That’s not a voice I have in my repertoire,” she admits. “So they kept trying to coach me to be more like Arnold Schwarzenegger or Sylvester Stallone. That took me a long time.”

After years of comedies and dramas, *Monsters vs. Aliens* — opening Friday — is Witherspoon’s first real action movie. Luckily, it’s

animated, so the most physical exertion the Oscar-winning actress had to endure was recording “effort noises,” the grunting, wincing and panting that accompany the film’s dizzying action sequences, like when a massive alien robot chases Susan through a crumbling San Francisco.

Witherspoon was particularly drawn to this project because of its strong female lead. “I’ve been offered a lot of animated films before,” she explains. “Sometimes they were playing a girlfriend, and sometimes they were playing a girl who got rescued by a guy. This was the first opportunity where the woman was at the centre of the movie.”

And the journey Susan takes in the film —

“It’s got an incredible message about finding yourself and your identity.”

Reese Witherspoon

after being walloped by a radioactive meteor on her wedding day — spoke to Witherspoon on a deeper level. “It’s got an incredible message about finding yourself and your identity,” she says. “Are you a person who struggles in the shadow of another person just so you don’t have to be alone or afraid or find your own strengths? Or are you someone who’s willing to take a chance and accomplish great things?”

But beyond playing a strong female protagonist, Witherspoon loved creating a female superhero, something she feels are in short supply. She remembers asking her children, Ava, 9, and Deacon, 5, to name their favourite caped crusaders. While her son could rattle off a host of names including Batman, Spider-Man and Superman, her daughter was at a loss. “She was like, ‘I don’t know. The girl in the Justice League with wings? I can’t remember her name.’”

As for Witherspoon, her favourite superhero was always Wonder Woman. “I watched Linda Carter over and over and over again,” she says. “I had my golden lasso and my whole costume that I wore for seven Halloweens in a row.”

But that doesn’t necessarily mean Witherspoon is up for portraying the famous character on the big screen. For now, she’s happy to keep her action movie roles in the animated realm. “If I never had to see the inside of a gym, I’d be a very happy person.”



Reese Witherspoon portrays a superhero in the animated action movie *Monsters vs. Aliens*.

critics' corner

Without a Trace

Malone (Anthony LaPaglia) and the team search for a missing psychologist whose brother was imprisoned for serial rape, which leads the investigators to wonder whether the brother may have been involved with the disappearance. Martin's (Eric Close) relationship with Kim (Vanessa Marcil, reprising her guest role) heats up. Adam Kaufman, Kristoffer Polaha and Vincent Ventresca star in the new episode “Daylight.” 8 PM on ACCESS, 11:01 PM on KREM



Live at the Rehearsal Hall
Singer-songwriter K.d. lang takes the stage in this episode from last fall, performing songs from her most recent album, “Watershed.” Released in February 2008, it’s her first collection of original material since “Invisible Summer” in 2000 and features the single “I Dream of Spring.” 6 PM on BRAVO

The Mentalist

Patrick (Simon Baker) goes up against some rich and powerful folks in this new episode. Several murders are reported at a corporate retreat in the Sierra Nevada foothills, and the FBI’s investigation uncovers a sordid tale of betrayal and greed. Robin Tunney and Owain Yeoman also star in “Camelion Inc.” 10 PM on KREM

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/24/09	267	351	- ACCESS	Alberta Primetime (Live)	Without a Trace (N)	Reaper: The Favorite	Dancing With the Stars	Primetime			
	243	317	3 CFCN	etalk	Law & Order: SVU	American Idol	News	News (N)	Metropia		
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	News	The Simpsons	King		
	-	371	5 KKLX	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	According-Jim	Dancing With the Stars	Primetime: You	
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)	CBC News: The National	The Hour	
	244	338	7 CICT	ET Canada	Entertainment	90210 (HDTV)	NCIS	Project Runway Canada	News Hour	News Hour	
	246	-	8 CKAL	Law & Order: SVU	Primetime: What Would	According-Jim	According-Jim	Scrubs	Friends	Your City	
	119	705	9 CBXFT	Virginie (SC)	La Factice	Beautés désempées (SC)	René - Le Destin d'un chef (N)	Le Téléjournal et Les Nou	Local Programming	TJ Alberta	
	-	-	10 SHAW	(6) Local Programming							
	-	372	12 KREM	News (N)	Hollywood	The Doctors	To Be Announced	The Mentalist (HDTV) (N)	Without Trace		
prime time	-	374	14 KSPS	NewsHour With Jim Lehrer	Nova	Wild! (DVS)	Wild! (DVS)	Frontline (N) (DVS)	Independent		
	502	390	15 CBC	CBC News: The National	Playing the Machines (N)	CBC News: The National	CBC News: The National	CBC News: The National	Machines		
	-	370	16 KHO	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	CBC News: The National	The Biggest Loser (N)		
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	To Be Announced	House “The Itch” (HDTV)	News (N)	
	297	652	37 WPIX	90210 (HDTV)	PIX News at Ten Tong.	Two/Half Men	Friends	Sex and-City	According-Jim	Frasier	
	500	500	39 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Nancy Grace	Showbiz Tonight	Larry King Live	Cooper 360	Nancy Grace	
	508	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace	Showbiz Tonight	Livez Tonight	Lou Dobbs Tonight	Nancy Grace		
	400	400	21 TSN	NHL Hockey	NHL Hockey	Detroit Red Wings at Edmonton Oilers.	(HDTV) (Live)	SportsCentre	Motoring 2009	Poker	
	408	418	27 net	MLB Preseason Baseball	Sportsnet Connected	Hockey Central	Flames Week	Sportsnet Connected	Prime Time		
	410	403	30SCORE	(5:30) Court Surfing	Score Tonight	Hardcore Hockey Talk	Survivor	Poker 888.com UK Open.	Final Score		
news	411	457	44 OLN	Mantracker	Bounty Hunter	Bounty Hunter	Survivor	Mantracker	Bounty Hunter		
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Low Life	Low Life	Super Bikes!	
	552	543	20 YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Family Biz	Prank Patrol	Falcon Beach	
	557	541	39 FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Wizards-Place	Life Derek	Ned's School	
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN “2-4-1”	Robot Chicken	
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	CMT Star	CMT Star	Reba	
	553	546	17 TREE	Little Bear	Maggie-Beast	Big Comfy	Zigby	Max & Ruby	Babar	Go, Diego, Go!	
	-	-	18 CHTV	The Insider (N)	El News	Dr. 90210 New arrivals.	The Biggest Loser (N)	Backyardigans	Dora-Explorer	News (N)	
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One	EarthWatch Two	EarthWatch Two	Style by Jury	Style by Jury	Good Naked	
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	How to Look Good Naked	Style by Jury	Good Naked	
sports	521	580	24 TLC	17 Kids-Count	17 Kids-Count	Toddler & Tiara (N)	Toddler & Tiara (N)	17 Kids-Count	17 Kids-Count	Toddler-Tiara	
	603	561	25 FOOD	The F Word (N)	The F Word (N)	Good Eats	Good Eats	Iron Chef America	Challenge	The F Word	
	615	520	26 A&E	The First 48 (HDTV)	The First 48 (HDTV)	Good Eats	Good Eats	Manhunters	The First 48 (HDTV)	The First 48	
	617	522	32 SHOW	Wife Swap	Wife Swap	The Outer Limits	The Outer Limits	Mutant X	Teetees	Trailer Park	
	601	562	33 SLICE	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	ET Canada	Til Debt-Part	Trading Sp	
	-	633	34 ENC2	(6:55) A Cry in the Dark *** (1988)	Doudram	Docudrama	Docudrama	White Oleander *** (2002, Drama)	Alison Lohman.	Color Purple	
	520	505	35 DISC	Destroyed	Time Warp (N)	Combat School (N)	Combat School (N)	Daily Planet	Destroyed	Time Warp	
	620	523	36BRAVO	Freddie Mercury	Bravo! Salutes the Junos	Bravo! Salutes the Junos	Bravo! Salutes the Junos	Law & Order “Smoke”	Without a Trace	Bravo!-Junos	
	294	650	40 WPCH	(6) Underworld *** (2003, Horror)	Seinfeld	Family Guy	Family Guy	Family Guy	Underworld *** (2003, Horror)		
	626	547	41 COM	Laughs	Comedy Now	Air Force	Just for Laughs	Comer Gas	The Simpsons	South Park	
family	-	539	42 TCM	(6:30) Little Women (1933) (DVS)	Chuck Jones	Chuck Jones	Chuck Jones	The Phantom Tollbooth *** (1969)	Fantasy	Knights of the Round Table	
	628	584	43 SPIKE	Ultimate Knockouts 6	DEA (HDTV) (N)	DEA (HDTV) (N)	DEA (HDTV) (N)	Real Vice	Real Vice	Disorderly	
	522	516	45 HIST	Crimo Stories	NCIS “Terminal Leave”	NCIS “Terminal Leave”	NCIS “Terminal Leave”	Sandhogs	Crimo Stories	NCIS	
	627	528	46SPACE	Torchwood	(8:05) Destination Truth (N)	Stargate SG-1 “Exodus”	Stargate SG-1 “Exodus”	Star Trek: Next Gener.	Star Trek: Next Gener.	Trek: Voyager	
	-	-	47 AMC	(6) Star Trek: Nemesis *** (2002)	Sleeping With the Enemy *** (1991, Suspense)	Sleeping With the Enemy *** (1991, Suspense)	Sleeping With the Enemy *** (1991, Suspense)	Witness (1985, Crime Drama)	Witness (1985, Crime Drama)		
	619	525	49 TROP	What Happen?	What Happen?	Vanity Insanity	Tube Tales	Seinfeld	Raymond	Family Guy	
	600	564	50 HGTV	Sarah’s House	Design Inc.	Colin & Justin’s Home Heist	Holmes on Homes	Sarah’s House	Design Inc.	Pure Design	
	501	391	52 CTV	CTV Newsnet	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	
	504	508	70 BNN	Squeeze Play	Market Call	Market Call	Market Call	Commodities	Business News	Squeeze Play	
	526	507	92 VIVA	Missing “One Night Stand”	Counters	In Dreams	Psychic Inv.	Judging Amy	Missing		
cable variety	269	350	93 APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In (N)	Fish Out	Mixed Blessing	Moccasins Flats	
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom’s-Upset	II Caffe	In Germany	Euromaxx	
	571	581	100 MMM	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed	Party of Five	Gene Simmons	
	570	580	101 MM	Paris Hilton’s British Friend	Degrassi: TNG	Instant Star	The Shift	Redemption	Redemption	Technical Diff.	
	581	566	102 MTV	From G’s to Gents	From G’s to Gents	From G’s to Gents	From G’s to Gents	MTV Live	After	G’s to Gents	

Kenya'sStyle

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Duff to appear in Law & Order: SVU episode

Hilary Duff is guest-starring in a dramatic role on Law & Order: SVU next month. The episode, titled Selfish, is set to air April 28. PEOPLE.COM



Fitness at flick of remote

Too shy, too broke, too busy, too lazy to hit the gym these days?

With FitTV, a cable station that offers 20 hours of fitness and health programming every day, another excuse for not exercising bites the proverbial dust.

But you'll still have to get up off that couch.

"FitTV is currently the only network dedicated to fitness and keeping exercise and fitness programming fresh and accessible to everyone," Carole Tomko, president and general manager of FitTV, said.

Part of Discovery Communications Inc., the station offers an array of workout choices, ranging from Pilates and aerobics to body sculpting, yoga, belly dancing and hip hop. "I wanted FitTV to be a clear and inviting alternative to 'hitting the gym,'" Tomko

said from her headquarters in Silver Springs, Maryland.

FitTV targets adults ages 25-54 and is available in 47 million homes nationwide, according to Tomka, who says the subscriber base has increased steadily since the station's 2003 inception.

REUTERS

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Torino, Marley top overseas box office

FILM Gran Torino and incumbent champ Marley & Me shared top honours at the foreign box office during the weekend, with each grossing a relatively modest \$8.8 million from 38 markets, the lowest haul for a No. 1 film this year.

By contrast, the weekend's No. 3 movie earned \$8.5 million from just one market — France. Coco, a comedy starring Morocco-born stand-up comedian Gad Elmaleh, accounted for about 46 per cent of overall French business.

Watchmen finished at No. 4 overall with \$7 million from 58 territories. Its total rose to \$60.1 million after three weekends.

Monsters vs. Aliens came in at No. 5 after making its overseas debut in Russia and Ukraine a week before its domestic bow.

Gandolfini wins praise for play

BROADWAY Sopranos star James Gandolfini won rave reviews Monday in God of Carnage, a Broadway play about two couples whose attempt to deal amicably with their sons' playground fight descends into mayhem. The play by French writer Yasmina Reza also stars Marcia Gay Harden as Gandolfini's wife, as well as Jeff Daniels and Hope Davis, in what Elysa Gardner of USA Today called "a showcase for first-rate ensemble acting."

More Ramsay shows in the oven

TV Fox has ordered another season of Gordon Ramsay's Kitchen Nightmares in which the internationally known chef gives tough-love makeovers to restaurants. The Brit remake wrapped its second season in January. The network also is expected to announce shortly that Ramsay's other series, Hell's Kitchen, will return for a new season this summer.

REUTERS

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Lauren Conrad has opted to take her clothing line off the racks. Her rep says the Hills star is cancelling her spring/summer 2009 line and halting production because of the current economic crisis. **METRO WORLD NEWS**

Celebrity Buzz

Don't undergo look-alike surgery, Demi urges fan

PEOPLE Demi Moore has urged a terminally ill fan not to have plastic surgery to look like her, femalefirst.co.uk reports.

The actress doesn't want 29-year-old Lisa Connell to go under the knife, saying on Twitter: "Wish I could contact this woman Lisa Connell who wants to have surgery to look like me and en-

courage her to not to! She is a beautiful girl!"



METRO NEWS SERVICES

Jessica's dad turns on Tony

PEOPLE Jessica Simpson's father is jealous of her boyfriend Tony Romo, femalefirst.co.uk reports.

The singer-and-actress — who has been dating the football quarterback since last year — is reportedly being encouraged to separate from her boyfriend by her dad and manager Joe, because he believes she is losing focus on her career.

A source said: "Joe now feels that Tony has become too much of a distraction for Jessica. Any free time she has, Jess wants to

spend with Tony. But rather than blaming his daughter's work ethic, Joe points the finger at Tony."

But Simpson is still very much in love with the athlete and is desperate to take their relationship to the next level. The source revealed: "If she had her wish, she'd be married and pregnant."

A source added: "Jessica was really hoping she was going to get an en-

agement ring. She wanted one for Christmas, then she thought maybe New Year's Eve. Her last hope was that Tony would propose on Valentine's Day — but he didn't."



METRO NEWS SERVICES

Celebrity child power play date

PEOPLE Usmagazine.com is calling it a power play date. Katie Holmes took daughter Suri, 2, to The Children's Arts Studio in Santa Monica, Calif., on Sunday. Joining them: Victoria and David Beckham's

youngest two boys, Cruz, 4, and Romeo, 6.

METRO NEWS SERVICES



Madonna and Jesus adopt?

KIDS Madonna's relationship with Jesus Luz seems to be moving fast. After just three months together, the Brazilian model is ready to adopt a child with the singer, his ex-girlfriend, Catharina Franca, tells Britain's the Mirror.

"He adores kids but he accepts

they could not have children of their own, and is talking about the possibility of adopting with Madonna," Franca tells the newspaper. "He's not with Madonna for her money or fame. He's with her because he loves her."



METRO WORLD NEWS

Agency has eye on Lindsay

CAREER Lindsay Lohan is to be offered a modeling contract, femalefirst.co.uk reports.

The star — whose film career has stalled in recent years — has caught the eye of Ivan Bart of IMG Models.

Upon hearing the 22-year-old actress was consid-

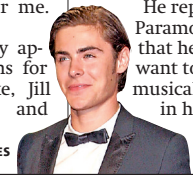
ering a career change, Bart said: "She's a beautiful girl and obviously knows a lot about fashion. Providing that she was contractually free, we would take a meeting."

Lohan revealed she was considering a ca-

reer change: "I love doing photo shoots. I mean, if I could just sign with IMG and do ad campaigns and model more, I'd do that because that's fun for me. That's not work."

Lohan has already appeared in campaigns for Dooney and Bourke, Jill Stuart, Miu Miu and Fornarina.

METRO NEWS SERVICES



METRO WORLD NEWS

Zac ditches his dancing shoes

CAREER Apparently afraid of being typecast as a song-and-dance man, Zac Efron has pulled out of a planned remake of Footloose, which was set to start shooting this spring and be released next year.

He reportedly told Paramount Pictures that he did not want to do another musical at this point in his career.

METRO WORLD NEWS

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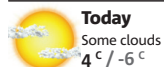
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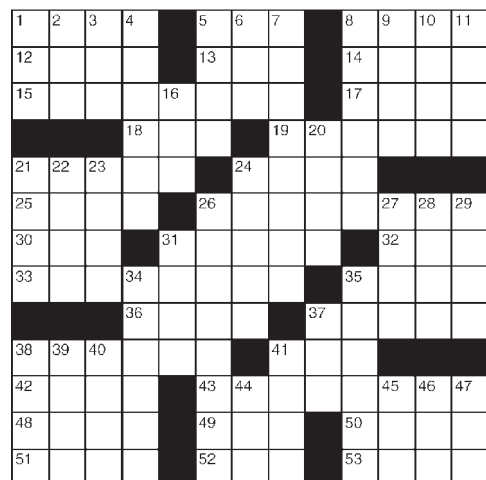
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Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

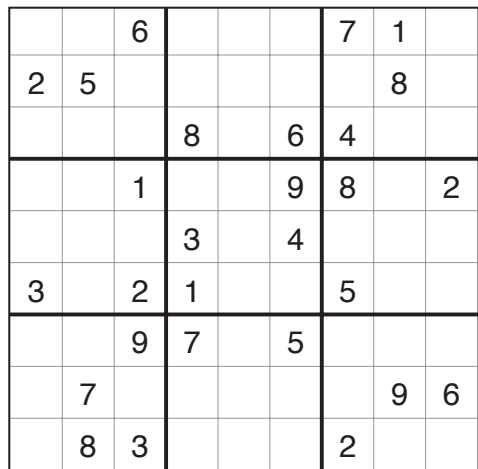
WEEKDAYS AT 6 A.M.



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Crossword across

- 1 VHS contemporary
- 5 "El —"
- 8 TV's Dr. McGraw
- 12 Mosque VIP
- 13 Privy
- 14 Carnival attraction
- 15 Effervescent
- 17 Lecherous look
- 18 Pitcher part
- 19 "Caddyshack" critter
- 21 Passé
- 24 Harp's ancestor
- 25 Cupid's alias
- 26 Unsteady
- 30 Intention
- 31 Actor LaBeouf et al
- 32 Fish eggs
- 33 Dilettante's interest
- 35 Ready for anything
- 36 Trenches
- 37 Walking sticks
- 38 Senescence
- 41 "— Town"
- 42 Rowboat needs
- 43 Chewing in small bits
- 48 Menageries
- 49 Prior to
- 50 Concept
- 51 Catch sight of
- 52 Shaft of light
- 53 Hen pen

Crossword down

- 1 Clothing protector
- 2 Ostrich's cousin
- 3 Bill
- 4 Strolls
- 5 Paper holder
- 6 Charged bit
- 7 Leftovers carrier
- 8 Drive on
- 9 Lofty
- 10 Not working
- 11 See 17-Across
- 16 Cover
- 20 Spheres
- 21 Conked out
- 22 Met melody
- 23 Grant's is famous
- 24 Body parts often
- "girded"
- 26 Bleach
- 27 Persia, now
- 28 Idditar terminus
- 29 The Bee —
- 31 Punch hard
- 34 Obstreperous
- 35 Vampire repellent
- 37 Newsroom newbie
- 38 Leak slowly
- 39 Vientiane's land
- 40 Let fall
- 41 Do what I say
- 44 Savings plan acronym
- 45 "— not choose to run"
- 46 Ultramodernist
- 47 Space

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	6	8	4	7	3	5	9	1
3	7	5	1	2	9	6	8	4
9	1	4	6	8	5	2	3	7
6	4	9	7	5	1	8	2	3
7	8	2	3	9	6	1	4	5
5	3	1	8	4	2	7	6	9
1	9	3	2	6	7	4	5	8
4	2	7	5	3	8	9	1	6
8	5	6	9	1	4	3	7	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 min Genius
- 13-17 min Scholar
- 17-21 min Smart
- 21-25 min Not bad
- 25+ min Keep practising

Metro Recipe of the Day



Lamb Curry

INGREDIENTS:

- 1 tsp (5 ml) olive oil
- 12 oz (375 g) well-trimmed boneless lamb loin, cut in to 3/4-in. (2-cm) chunks
- 1 medium onion, finely chopped
- 4 cloves garlic, minced
- 1 tbsp (15 ml) grated fresh ginger
- 1 tbsp (15 ml) curry powder
- 4 cups (1 l) cauliflower florets
- 1 cup (250 ml) canned crushed tomatoes
- salt to taste
- 1/2 cup (125 ml) water
- 1 1/2 cups (375 ml) frozen peas
- 1/3 cup (75 ml) chopped cilantro
- 1/2 cup (125 ml) plain yogurt
- 2 tbsp (25 ml) flour

METHOD:

- 1. Heat oil in Dutch oven over medium heat. Add lamb and cook until browned, about 5 minutes. Transfer lamb to plate with slotted spoon.

- 2. Add onion, garlic and ginger to pot and cook, stirring frequently, until onion is tender, about 5 minutes. Add curry powder and cauliflower and stir.
- 3. Add tomatoes, salt and water to pot and boil. Return lamb to pot and reduce to simmer. Cover and cook until lamb and cauliflower are tender, about 40 minutes.
- 4. Add peas and cilantro. Cook until peas are heated through, about 3 minutes. In small bowl, mix yogurt and flour, then stir into pot and cook over low heat, stirring, until slightly thickened, about 2 minutes.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20



A mild flirtation will amuse you. Somebody's profound thoughts will disturb you. No problem is too difficult to be forgotten.

LIBRA
SEPT 23-OCT 23



An unnecessary agreement comes to an end. Someone's bad temper can be tamed. Rise above pettiness about mysteries and secrets.

TAURUS
APRIL 21-MAY 21



A long-standing burden is lifted. An opinionated reply leads to an unfortunate situation. You must make a huge leap of faith.

SCORPIO
OCT 24-NOV 22



Stop pushing too hard and take a break. A troublesome buddy's support is appreciated. A situation is better than it looks at first.

GEMINI
MAY 22-JUNE 21



Don't take anyone's promises too lightly. Don't gamble with a friend who enjoys flippancy. A wacky encounter affects those who wait.

SAGITTARIUS
NOV 23-DEC 21



An awkward enemy makes slow progress. Persevere and succeed by trial and error. A cynical guy comes out of his shell.

CANCER
JUNE 22-JULY 22



A confidential meeting with a bureaucrat is concealed. Face the music when someone is accosted. Benefits come through rational discussions.

CAPRICORN
DEC 22-JAN 20



Be careful around electrical objects. A perilous situation will develop when you speak your mind. Arrogance retards progress.

LEO
JULY 23-AUG 23



A phone call lightens your mood. Confusion begins to dissipate. A controversy will develop if you're full of mischief.

AQUARIUS
JAN 21-FEB 18



Your job prospects improve when friends get involved. Remain hopeful about your future. Your forcefulness will shock people.

VIRGO
AUG 24-SEPT 22



Don't be a noisy neighbour. Someone is caught in a naughty act. Eliminate stuff that is no longer useful.

PISCES
FEB 19-MARCH 20



Don't wait for anyone to ease your burdens. Disgraceful things are fun tonight. It's not compulsory to repeat any mistakes.

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Marlborough Mall
Sunridge Mall
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1353 32nd Ave. NE
2520 23rd St. NE
2000 McKnight Blvd. NE
323 - 2555 32nd Ave. NE

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Bow Valley Square
MacLeod Plaza
Southcentre Mall
TD Square
Westbrook Mall
Westhills Towne Centre
6039 Centre St. S
835 17th Ave. SW
245 - 225 7th Ave. SW
16061 MacLeod Trail S
264 - 6100 MacLeod Trail S
1 - 4623 Bow Trail SW
203 - 321 6th Ave. SW
5 - 2008 33rd Ave. SW
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